B	I	N	G	O
Visualization	Communication	Eat Healthy	Rest	Listen
Deep Breathing	Temper	Relax	Compromise	Stomp
Cool down	Read	Your Own Coping Skill	Ignore	Talk about it
Journal	Solutions	Laugh	Respect	Exercise
Exercise	Music	Counseling	Count to 10	Say Alphabet Backwards

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B	I	N	G	O
Express	Cool down	Ignore	Temper	Compromise
Visualization	Talk about it	Read	Rest	Music
Journal	Listen	Your Own Coping Skill	Deep Breathing	Eat Healthy
Relax	Walk away	Say Alphabet Backwards	Solutions	Counseling
Count to 10	Respect	Communication	Laugh	Yell

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B	I	N	G	O
Walk away	Deep breathing	Cool down	Say Alphabet Backwards	Deep Breathing
Read	Draw	Yell	Compromise	Visualization
Laugh	Count to 10	Your Own Coping Skill	Rest	Ignore
Eat Healthy	Express	Communication	Exercise	Music
Respect	Temper	Solutions	Journal	Stomp

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